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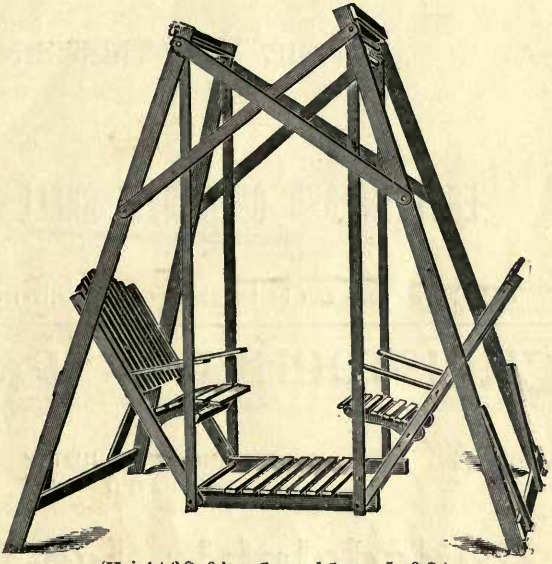

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And health on both.

—Macbeth.

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LOS ANGELES, CAL.
1898

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PREFACE.

It is easier to waste than to accumulate the means of living.

Simplicity and economy, so far as these pertain to domestic science, are nearly synonymous terms.

"Easy processes of cooking and the development of nutritious food from inexpensive materials" are phrases expressive of the present tendency of thought and study in domestic science.

To interest all our readers, to incite many of them to better effort in matters that pertain to more wholesome and happier ways of cooking, is our purpose and our highest aspiration. An ideal condition would be one in which the tables of the rich and poor alike are furnished with an abundance of wholesome food, simply and economically prepared, and with excess in nothing. There is a simplicity that is elegant, and a plainness that is ornate.

BOSTON COOKING SCHOOL.

How to Cook Husbands.

Make a clear steady fire out of love, neatness and cheerfulness. Set him as near this as seems to agree with him. If he sputters and fizzes do not be anxious. Some husbands do this until they are quite done. Add a little sugar in form of what confectioners call kisses, but no vinegar or pepper on any account. Do not stick any sharp instrument into him to see if he is becoming tender. Stir him gently; watch the while lest he lie too flat and close to the kettle and become useless. You cannot fail to know when he is done. If thus treated you will find him digestible, agreeing nicely with you and the children; and he will keep as long as you want, unless you become careless and set him in too cold a place.

MRS. R. M. BELL.

SOUPS.

HINTS FOR SOUPS.

Salt, pepper, clove, mace, allspice, cayenne. Bouquet, a dark rich liquid, especially prepared for flavoring soups, adds a rich color.

Mustard, a pinch of seeds. Aromatic seeds, celery, caraway, celery salts.

Herbs, thyme, summer savory, marjoram, bay leaves, mint, curry.

Catsups and sauces may be used in a general way.

Rice, sago, pearl barley, fine hominy, farina, vermicelli, macaroni for meat soups. The first three, half a cupful to three quarts of soup.

The German soup powders can be purchased at any of the leading grocers. Season with butter, pepper and salt. Lentil soup is improved by celery salt; julienne by bouquet. These soups have a slight flavoring of onion. One package makes a full quantity for six or eight persons.

CREAM OF CELERY SOUP.

Cut into small pieces the green portions from three heads of celery, making, in all, twelve or fourteen stalks. Cover with a pint of cold water, bring slowly to boiling point and simmer gently for half an hour. Drain and press through a colander, using as much of the celery as you can press through. Add to this one pint of milk. Put the whole into a double boiler. Rub together one tablespoonful of butter and two of flour, and stir them carefully into the soup. Stir and cook until smooth. Add a teaspoonful of celery, salt, a dash of white pepper, and the soup will be ready to serve.

CLAM SOUP.

One dozen clams simmered in their own juice for fifteen minutes; press out all the juice and reject the clams; add the juice to a sauce made as follows: into a pint and a half boiling milk stir a dessertspoonful each of flour and butter well blended together; stir until it is smooth, add the clam juice, stir well again, remove to a cooler part of the range, and when ready to serve stir in the beaten yolk of an egg that has been mixed with a quarter cup of the soup. The egg will curdle if allowed to boil. No salt is needed with clams, but a little pepper, dash of cayenne and a little mace may be added if liked.

If a cupful of the above puree is saved it is excellent to use between the layers of scalloped clams.

MISS MABEL LUITWIELER.

CORN SOUP.

One-half can green corn, boil ½ hour, put through a colander; take 1 tablespoonful of butter and 1 tablespoonful of flour and put in a saucepan over the fire and stir together; then put in the corn and 1 cup of sweet milk and season with salt and pepper.

MISS LILIAN VOSBURGH.

POTATO SOUP.

Boil enough Irish potatoes to make three cupfuls when mashed; whip them light and keep hot; into two quarts of boiling water shred a small onion, two stalks of refuse celery and three sprigs of parsley. Cook until the vegetables are soft, put them through a colander with the water in which they were boiled; then pass the potatoes through the colander into the same pot, return to fire, season with salt and pepper and add four tablespoons of butter rubbed to a cream with two tablespoons of flour.

MISS LILIAN VOSBURGH.

SALMON SOUP.

Simmer for fifteen minutes one can salmon and three cups water; strain, add three cups hot milk; season highly with salt, pepper and a little butter; remove scum which forms in cooking and serve very hot. If desired slightly thick, roll a few oyster crackers very fine and put in.

MRS. F. W. FLINT.

SPANISH SOUP.

Two large onions, ½ dozen small chili peppers, 1 can tomatoes, 1 large turnip, ½ can corn, 2 carrots; chop all vegetables fine; put in 1 quart of water, boil until almost done, add tomatoes and corn and boil five minutes longer, then add 1 tablespoon of beef extract, stir until it dissolves, add 1 teaspoonful Worcestershire sauce and tablespoon catsup; salt to taste.

MRS. N. T. POWELL.

TOMATO BISQUE.

One quart tomatoes, 1 quart water, 1 teaspoonful soda, 1 quart milk, butter, salt and pepper to taste. Cook tomatoes till tender, put through colander, add milk and season.

MRS. A. G. WRIGHT.

CLAM CHOWDER.

Twenty-five chopped clams, 6 sliced onions, 10 sliced potatoes; try out three slices of salt pork, cut in dice in the pot in which you make the chowder, fry brown, and then on that put a layer of onions, then potatoes, then clams, and repeat till all is used; 1 quart of water and all the clam juice; no salt, little pepper; cook slowly two hours, stir very little and carefully.

MRS. G. W. PERCY.

FISH.

CRAB A LA REY.

Take a can of tomatoes, cook with a good size onion and a piece of green pepper the size of a butter bean; cook this two or three hours, then rub it through a colander. Select a small crab, shredding very fine; mix with the crab a cup of cream and then stir this with a little red pepper into the tomatoes; let it all come to a boil and then add the butter size of an egg. Serve on small pieces of toast on very hot plates. Medium-sized crab, 1 can tomatoes, 1 good size onion, green pepper size of butter bean, 1 cup sweet cream, red pepper, butter size of an egg.

MRS. HUGH MACNEIL.

DELMONICO'S COD.

Delmonico's receipt for stuffing baked haddock or cod :

Take three slices of salt pork, cut into dice, fry with six small onions chopped or sliced fine ; when this is fried—not burned—pour in one half cup of milk, stirring it carefully to scald it in the fat ; use bread crumbs enough to make it stiff ; add salt, pepper and marjoram to season it highly ; to this add one beaten egg and stuff the fish. Lay narrow strips of pork over the fish to make foundation for the gravy, which is water, thickened with brown flour, seasoned with catsup. What remains will make a very excellent hash for next day's breakfast, if heated with the gravy. MRS. J. M. HENDERSON.

CRAB CREOLE.

Two crabs, ⅔ can tomatoes, 4 small onions (leeks), ½ pint cream, 4 green peppers (long), butter size of an egg ; chop onion and peppers and brown in butter ; cook tomatoes and strain, add to the above, then the crab shredded, and lastly the cream. Let it all come to a boil. MRS. E. H. HOLMES.

CRAB SCALLOP.

Meat of 1 crab chopped fine, 4 soda crackers powdered, 1 cup of cream, 2 tablespoons of butter, a dash of salt and pepper, the whole mixed and put back into the shell and browned in the oven.

CLAM SCALLOP.

The meat of two pounds of large clams chopped fine, 2 soda crackers powdered, salt, pepper, 2 tablespoons of butter, ½ cup of milk, the whole mixed and put back in the shells and browned in the oven. MRS. BURT ESTES HOWARD.

PICKLED FISH.

Take what is left from dinner, bone carefully, lay in a deep dish ; boil vinegar, season to taste with mace or cloves, white pepper ; strain the boiled vinegar over the fish ; good for tea or better if it stands until next day.

Cold boiled, baked or broiled fish may be made into deviled fish, fish croquettes, *a la creme*, or may be served on lettuce leaves with mayonnaise dressing for a luncheon salad.

ESCALLOPED SALMON.

Pick over and bone carefully one can of salmon ; butter a baking dish, place a layer of salmon, cover with grated bread crumbs, season liberally with butter, pepper and salt ; fill the dish with alternate layers, the last layer of bread crumbs, cover with rich milk ; bake to brown.

MRS. R. B. ASHLEY.

ENTREES

SPINACH OMELET.

Parboil three bunches of spinach, chop fine, try in butter a few minutes, add three slices of bread, having been soaked in milk, two cups of milk, four eggs ; beat white of eggs separately ; salt to taste ; bake thirty minutes.

MRS. A. P. WEST.

LOBSTER CUTLETS.

Chop meat of lobster fine, put tablespoonful of butter in saucepan, fry small onion, stir in heaping tablespoonful of flour, add a cup of milk ; when it thickens add the lobster; salt, pepper, butter and nutmeg to taste ; boil three minutes, add yolks of two eggs, some chopped parsley and lemon juice ; when cold, shape like small chops, roll in crumbs, then in egg, then in crumbs and fry.

MISS MABEL LUITWIELER.

BANANA FRITTERS.

One egg, one tablespoon of milk, one teaspoon baking powder, flour enough to make a batter (as thick as pancake batter), and a little salt ; beat the egg well, add milk and salt, mix the flour and baking powder, then mix all altogether ; dip thick slices of banana in the batter and fry in boiling lard.

MISS E. C. MCCLUNG.

HAMBURG STEAK.

One pound chopped beef, ½ cup milk, ½ cup rolled cracker, 1 tablespoon of finely chopped onion, pepper and salt, 1 egg; stir briskly for 10 minutes, make in small cakes and fry, thicken the gravy and pour over meat when done. L. C. B.

TERRAPIN CHICKEN.

For this dish use 1 quart of cold cooked chicken; cut in very small pieces the cooked liver of 1 or 2 chickens, 3 hard boiled eggs, the yolks of two uncooked eggs, 1 cupful of chicken stock, 1 cupful of cream, a slight grating of nutmeg, ⅓ of a teaspoonful of pepper, 1 level tablespoonful of salt, 4 tablespoonfuls of sherry, 3 tablespoonfuls of butter, 2 of flour, 1 teaspoonful of lemon juice; chop the chicken liver and hard boiled eggs rather coarse; add the chopped mixture to the chicken and sprinkle the salt, pepper and nutmeg over all these engredients. Now put the butter in a frying pan and set the pan on the stove; add the flour to the melted butter and stir the mixture until it becomes smooth and frothy; then draw the pan back where there is less heat and gradually add the stock. Put it again on the hot part of the stove and stir the contents for three minutes, then add the cream, after reserving four tablespoonfuls; stir for one minute and then put the chicken mixture into the pan and simmer for ten minutes. During this period beat well the yokes of the uncooked eggs and put the cold cream with them; taste the chicken mixture, as it may require a little more salt; pour the beaten yolks and the cream into the frying pan and stir for one minute. On removing the pan from the fire at the end of that time add the sherry and lemon juice and serve at once.

Mrs. J. W. McKinley.

CHICKEN AND OYSTERS.

Chop fine 1 boiled chicken, 1 quart raw oysters, 1 handful chopped celery; make a sauce of 1 cup milk, the liquor of the oysters and 1 tablespoon of butter thickened with cornstarch to a consistency of gravy; cover the bottom of baking dish with rolled crackers, add chicken and oysters, then sauce, and cover with cracker; bake, covering the dish in the oven.

Mrs. J. G. Mossin.

CHICKEN TURBIT.

Quantity for 1 chicken: Two tablespoons of butter and flour mixed in 1 pint of sweet milk and cooked the same as gravy; prepare chicken same as for salad, with 1 can of mushrooms added; then put altogether in baking dish and bake half an hour with rolled cracker and butter over the top.

MRS. HOWARD M. SALE.

CREAMED CHICKEN.

One chicken (about 3 pounds), 1 small onion, 1 large tablespoon flour, 1 tablespoon butter, 1 coffee cup cream, pepper and salt to taste; boil chicken until tender, cool, skim and cut into small bits as for salad; take the cream and heat and add to it the flour well mixed in the butter; let this stand on the stove until it thickens, and then add the onion (grated), chicken and seasoning; put in a bake dish and cover with bread crumbs and bits of butter and bake twenty minutes. MISS M. MCCLUNG.

CROQUETTES.

Mince cold chicken or turkey very fine, season with pepper, salt, nutmeg and a very little onion (grated); take a large tablespoonful of butter, 2 tablespoonfuls of flour and half tumbler of cream; boil and stir into the meat; when cold take a spoonful at a time and dip it into the beaten yolk of an egg, then into powdered cracker crumbs; fry in sweet lard.

MRS. R. M. BELL.

"TEXICUST."

Five pounds of tender beef with a small piece of suet; chop this fine; 1½ large cups of raw rice and 2 good size onions; chop the onions and mix with the raw rice and meat, season with pepper and salt to taste; 1 large head of cabbage; take off each leaf separately and wilt them in a pot of boiling water; make the meat in small rolls and wrap each one of the little rolls or balls in a cabbage leaf and tie them with a string; put some beef bones in the bottom of the pot (to keep the balls from burning), then lay in the balls; fill the pot nearly full of warm water and boil at least three hours; add more water if necessary; when done remove the strings from the balls and thicken the gravy and serve in a gravyboat. The balls are just as good warmed over the second day. MRS. HUGH MACNEIL.

PORK TENDERLOIN.

Cut tenderloin open ; make dressing same as for turkey ; place between the two pieces, tie together, place in your self-basting pan with water, butter, salt and pepper and cook one hour ; serve the gravy which forms in cooking ; make dressing of bread crumbs, moistened in a little milk, and season with salt, pepper, pinch of thyme and very liberal amount of butter. Veal cutlets may be used in the same way. MRS. J. G. MOSSIN.

MEAT IN CUPS.

One pint cold roast beef, one gill stock, two tablespoons bread crumbs ; put on fire, bring to boiling point, remove from fire, add 2 well-beaten eggs, teaspoon of salt and half teaspoon of pepper ; put in cups, greased with oil or butter ; stand in a pan half filled with boiling water and bake in a quick oven 20 minutes ; cover with tomato sauce and serve. This quantity will fill six cups.

MRS. J. G. MOSSIN.

VEAL SCALLOP.

Chop veal, butter baking dish ; first layer of veal; layer toasted bread crumbs, wet with milk or gravy; alternate layers until the dish is full ; sprinkle with celery salt, cover with beaten egg, add bits of butter, and bake half an hour.

MRS. W. CURRER.

SHEPHERD'S PIE.

Cut cold mutton in dice, with its gravy, freed from fat ; season with butter, pepper and salt ; cover with layer of peeled sliced fresh tomato ; over this spread a thick layer of finely mashed potatoes ; if brushed with white of egg to brown will add to its appearance. MRS. W. CURRER.

SAUTÉ KIDNEYS.

Cut up half an onion and brown it in a pan with an ounce of butter ; slice a calf's kidneys, toss about over a slow fire in the pan ; add salt, pepper and one-half pint of red or white wine and one piece of cut sugar ; simmer until tender ; dissolve a teaspoon of flour in cold water, add to the dish ; toast a few slices of bread, trim them neatly, place them on and around the dish, the kidneys over them and serve at once.

MRS. HUGH MACNEIL.

VEAL LOAF.

Two pounds of veal chopped fine ; piece of butter size of egg, six tablespoons of rolled crackers, one teaspoon of salt, half teaspoon pepper, two eggs, two tablespoons of water ; mix altogether and mould in a loaf ; pour melted butter over the top and bake slowly one hour. MRS. HOWARD SALE.

MEAT SOUFFLÉ.

Two cups of minced meat or chicken, yolks of two eggs, whites of two eggs, red pepper, one-half teaspoonful salt, one-half teaspoonful chopped parsley, two cups white sauce ; mix the meat and the white sauce, beat in the yolks, then the seasoning, and last of all the whites (well beaten); bake fifteen minutes in a hot oven. MRS. J. S. VOSBURG.

WHITE SAUCE.

One pint of cream, scalded ; melt two even tablespoons of butter, and when boiling (or bubbling) add two tablespoonfuls of cornstarch (or four of flour) ; stir quickly until well mixed, then beat in one-third of the milk, then the second third, then add this quickly to the last third ; let it all cook until thoroughly smooth and thick ; stir all the time. Let it cool a little before adding to any kind of fish or meat.

MRS. H. MACNEIL.

REAL ENGLISH YORKSHIRE PUDDING.

One pint of milk, 4 tablespoons of flour mixed in part of the milk to a smooth batter ; then add the remainder, with a little salt and two well-beaten eggs ; bake in a well-buttered pan thirty minutes, or in the pan with the roast, placing the roast on some bones or little drip stand. MRS. J. S. SLAUSSON.

SWEET POTATO CROQUETTES.

Boil, mash and season sweet potatoes with salt, pepper and cream ; add the whites of one or two eggs, according to the quantity of potatoes used, and cream the mixture ; make into pats, dip each into beaten yolks of the eggs and roll them in sifted bread crumbs ; fry brown.

MISS KATE SAPPINGTON.

OYSTER COCKTAIL.

One-half dozen small oysters, three drops of tobasco sauce, quarter teaspoon salt, one teaspoon of Worcestershire, one of tomato catsup, and juice of one lemon.

MRS. HOWARD SALE.

STUFFED EGG PLANT.

Four medium-sized egg plants, cut in half; one egg, three hard boiled eggs, cold; three handfuls of bread crumbs, one slice of onions, two or three cloves of garlic, salt, red pepper and pinch of sage; soak the egg plant in strong salt water several hours, scrape egg plant out of shell and chop with the above ingredients, excepting the boiled egg and raw egg; fry in a little butter for five minutes, break in the fresh egg, add the chopped boiled egg, then fill the cases, then cover with bread crumbs and bake.

MRS. HUGH MACNEIL.

SWEET POTATOES IN THE PAN.

Steam sweet potatoes until they are soft, but not broken; peel and slice them; boil two cups of sugar and one and one-half cups of water into a thick syrup; stir into it one-half cup of butter; put the sliced potato into a deep baking dish and pour the syrup over them; sprinkle bits of butter over them and bake to brown top.

MISS KATE SAPPINGTON.

SWEET POTATO PATE.

Mash six sweet boiled potatoes, add two eggs, two tablespoons flour and enough sweet milk to stir soft; drop in well greased muffin rings or fry brown on hot griddle.

MISS KATE SAPPINGTON.

OYSTER PLANT.

Wash and scrape and boil until tender; take up and mash fine; have ready a tablespoonful of butter, creamed with the yolk of an egg stirred in, seasoned with pepper, salt and a little mace; for an ordinary quantity of the plant, use a teaspoon of salt, a saltspoon of pepper and a saltspoon of mace; mix the mashed eggplant with seasoning, roll a spoonful at a time in flour and fry in butter.

MRS. A. D. T. WHITNEY.

CANDIED SWEET POTATO.

Peel and slice the raw potatoes and lay them in a deep baking tin, with butter, sugar and nutmeg, or any other spices preferred, sprinkled among the slices; add a little water and bake until the syrup is thick and the potatoes thoroughly done, moistening the top frequently, so that it does not become too dry; peel and slice in half inch slices sweet potatoes that have been steamed until they are tender, but not broken; put them in a baking dish, sprinkle with sugar and bits of butter; pour over all one cup sweet cream and bake for fifteen or twenty minutes.

MISS KATE SAPPINGTON.

SNOW POTATO.

After potatoes are boiled and steamed off rub them through a colander; they will drop into the dish below in coiling strings, which will heap themselves up lightly; pour into a hot dish and serve quickly. MRS. A. D. T. WHITNEY.

OYSTERS AND MACARONI.

Prepare as above, except to leave out cheese and mustard; put layers of oysters with butter, pepper and salt; instead of oyster juice use sweet milk, though not so much. This is very delicate and appetizing. Bake as in receipt above.

MACARONI A LA MOLLINELLI.

Two pounds of lean beef, one-half can tomatoes, one-half onion, one can fine mushrooms, cheese (Parmesan), mace; cut the beef in small pieces and put over with only enough water to keep it from burning; then add the tomatoes, onions (cut fine), salt and pepper, and when half done the mushrooms; cook three hours; boil the macaroni three full hours in hot water, with salt; when done put a layer on a large platter, then some of the dressing, which must first be passed through a fine sieve; then add a good powdering of the cheese; then the macaroni and so on, having on top the dressing and sprinkling of cheese.

MRS. HUGH MACNEIL.

H. O. CROQUETTES.

Cut cold H. O. mush into croquette shapes, dip in beaten egg and roll in bread crumbs; fry in deep lard, or in butter.

MISS LILIAN VOSBURGH.

EGG PLANT.

Cut the plant in slices, lay in water, well salted, for an hour ; prepare cracker crumbs, seasoned with salt and pepper ; beat the yolks of two or three eggs ; wipe the slices of egg plant dry ; slip them in the egg, then in the crumbs, and fry in butter enough to turn. MRS. A. D. T. WHITNEY.

MACARONI.

Boil until tender, drain water off and lay macaroni about an inch deep in greased pan ; sprinkle with salt and pepper and a tiny bit of mustard, then small pieces of butter and cheese ; alternate this several times, having macaroni on top ; pour a tea-cup or less of sweet milk over all and bake.

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SALADS.

FRUIT SALADS, WITH DRESSING.

Fruit such as white grapes, apples or oranges may be mixed with mayonnaise and served on lettuce leaves. Shaddocks may be served on lettuce leaves, with French dressing, as a dinner salad. As the lining is bitter, cut into halves crosswise, remove pulp and seeds, and spread on the leaves.

POTATO SALAD.

Eight cold boiled potatoes sliced rather fine, eight olives cut small, half a cup of capers, three cucumbers or about same amount of celery, cut thin; half an onion cut fine, salt, white pepper, little lemon juice, mayonnaise dressing and, just before serving, a cup of whipped cream, very thick and stiff.

MRS. O. C. WHITNEY.

POTATO SALAD.

Boil four large potatoes with skins on; when cool, remove skin and chop these with two onions; then season with teaspoonful of pepper, dessertspoonful of salt, celery seed, made mustard and melted butter. Boil a custard of one pint of sour cream, small cup of vinegar, two tablespoonfuls of sugar and three eggs; pour over potatoes and stir lightly. Makes nearly two quarts.

MRS. ELMER MCKEEVER.

CHICKEN SALAD.

Boil one chicken, allowing it to cool in the water in which it is boiled, as it will be more juicy and tender than when taken from the water at once. Remove the fat, skin and bones; cut into small pieces and place in earthen bowl; season with white vinegar, oil, salt and pepper, and set aside in ice chest. Cut two heads of tender, white celery into small pieces with a sharp knife and place in ice chest until serving. Make a mayonnaise dressing, mix chicken and celery together with half the dressing, arrange in a salad dish lined with lettuce leaves and pour over the remainder of dressing. Garnish with radishes cut to represent flowers.

MISS MABEL LUITWIELER.

WALDORF SALAD.

Highly seasoned apple and celery, covered with mayonnaise, stirred in an equal quantity of whipped cream. May be served at dinner.

WHOLE TOMATO SALAD.

Take nice smooth tomatoes of uniform size, peel without breaking and take out inside with a small spoon; chop fine some celery, lettuce, red peppers and cucumbers. Mix this with shrimps and mayonnaise and fill tomatoes. Decorate with rings cut from green peppers and a spoonfull of mayonnaise laid on top.

MRS. F. WALTON.

STRING BEAN SALAD.

Take one and one-half pounds of string beans, string carefully and cut in as thin slices, lengthwise, as possible. Boil until tender; drain and let stand until cool; then add salt, pepper, a little grated onion, four tablespoonfuls of oil, two of vinegar, half a tablespoonful of water and the juice of a lemon.

MRS. W. F. BOTSFORD.

OYSTER SALAD.

Parboil oysters, chilling them on ice. Lay on lettuce leaves, cover with mayonnaise mixed with finely chopped celery.

CUCUMBER SALAD.

German Style.

One-half dozen cucumbers, sliced as thinly as possible; salt and pepper to taste; add half of a small onion, sliced very thin; add one cup of sour cream and one tablespoonful of vinegar.

MRS. W. F. BOTSFORD.

NUT SALAD.

Blanch some English walnuts, then cook with a little stock; drain; serve on lettuce leaves, with French or mayonnaise dressing.

APPLE SALAD.

Take equal quantities of tart apples, blanched almonds and white celery; chop rather coarse and mix with a small quantity of mayonnaise dressing. Serve on lettuce leaves, with mayonnaise on top.

MRS. S. P. HUNT.

COOKED SALAD DRESSING.

Six yolks of eggs, three teaspoonfuls of mustard, six teaspoonfuls of sugar, eighteen tablespoonfuls of vinegar, eighteen tablespoonfuls of milk, six tablespoonfuls of oil, two even teaspoonfuls of salt, a little cayenne pepper. Beat yolks of eggs, sugar and mustard together; add vinegar, milk, oil and salt. Set in dish of boiling water until thickened, and add beaten whites of three eggs. Will keep for two weeks. MRS. DANSKIN.

CREAM DRESSING.

Heat a gill of good cream; moisten a tablespoonful of cornstarch with a little cold milk, add it to the hot cream, cook a moment, then stir in the yolks of two well-beaten eggs. Take from the fire, add a half-teaspoonful of salt, a dash of pepper and a tablespoonful of vinegar or lemon juice. This is palatable, and much more economical than mayonnaise dressing.

CAULIFLOWER SALAD.

Boil a head of cauliflower in a cloth; remove the cloth, drain, sprinkle thoroughly with vinegar, cool. Serve with French dressing. All vegetable salads can be served on a leaf of lettuce. For lunches, dress the plate at the edge with nasturtium blossoms.

FRUIT SALAD.

Cut the tops from one dozen oranges and scoop out pulp into a bowl; add one small box red strawberries, one-half pound fresh cherries from which the seeds have been removed, one-half teacup preserved fruit of any kind and three bananas, sweetening to taste. Stir thoroughly together and fill the orange skins. Whip one pint of cream stiff, and on top of each filled orange place a large spoonful of the whipped cream. Serve on delicate lettuce leaves as first course at a dinner or luncheon.

MRS. WM. KNIPPENBERG.

SHRIMP SALAD.

One can of canned shrimps washed in cold water, dried with a soft towel. To every pint of shrimps allow nearly half a pint of mayonnaise dressing. Serve with lettuce.

MRS. ALMA CALKINS.

SHRIMP SALAD.

Mix canned or fresh shrimps with a gill of mayonnaise, and serve on lettuce leaves.

MOTTO.

To make a salad dressing four persons are wanted: A spendthrift for oil, a miser for vinegar, a counselor for salt and a madman to stir it up.—*Spanish Proverb.*

RELISHES.

STUFFED PEPPERS.

One-half dozen peppers, one cup bread crumbs, one cup of ground ham, three large tomatoes, butter size of an egg. Clean peppers out, but do not use pulp. Fill peppers with above mixture; add salt and pepper. Before putting in to bake, rub over with cottolene or butter; add a little water.

MRS. W. O'DONOUGHUE.

ORANGE STICKS.

Two cups of sugar, one cup of water. Cut orange peel in strips and let simmer in this syrup till tender. Take out and sprinkle with granulated sugar and let dry. Should be made the day before needed. MRS. S. C. BOGART.

BAKED ONIONS.

Parboil as many onions as required, place in an earthen dish; salt and pepper; cover with cracker crumbs; butter size of an egg; then add as much milk as will cover. Bake half an hour.

MRS. F. T. BICKNELL.

CHEESE SCALLOP.

One pint of bread crumbs soaked in a quart of milk; add butter size of an egg, three well-beaten eggs, one pint of grated cheese. Put all in a buttered dish, cover with cracker crumbs and bake twenty minutes. MISS WITMER.

PINEAPPLE JELLY.

Soak one-half box of Knox gelatine in one pint of cold water about ten minutes, or until soft; then add one pint boiling water, one and one-half cups of sugar, the juice of two lemons. Strain and pour into mold. When beginning to set, add one large cup of pineapple, cut in small pieces. Serve with whipped cream.

MRS. W. ROSS.

JUNKET.

One quart of milk, two tablespoonfuls of sugar, one small cup of wine, one tablespoonful of liquid rennet. Warm the milk slightly, add the sugar and then the wine, then the rennet. Put a slight sprinkle of nutmeg over the top and stand in a cool place.

MRS. HUGH MACNEIL.

CREAM CHEESE.

(Nice for tea or lunch.)

Take one-quarter of a pound of cream cheese, cut up very fine and dissolve in a little milk over the fire. Have ready one egg, well beaten; also have one teaspoonful of cornstarch dissolved in a little milk. Mix egg and cornstarch in more milk, making altogether one cupful, and stir quickly into the hot cheese and serve at once. MRS. G. P. GEHRING.

CHEESE STRAWS.

Two ounces of flour, a little cayenne, three ounces of grated Parmesan, yolk of one egg. Mix the flour, salt and cheese together and moisten with the egg. Work all to a smooth paste. Roll out on a board one-eighth of an inch thick, five inches wide and five inches long. Cut some of the paste in small rings, and some in strips. Place both on greased sheets of paper and bake in an oven 240 degrees Fahr. till a light brown. Put the straws in the rings like a bundle of sticks. MRS. R. M. BELL.

VANITY-AND-VEXATION-OF-SPIRIT.

Beat the whites of four eggs to a stiff froth, add a little salt and stir in flour until thick enough to roll. Roll very thin and cut into strips an inch wide. Drop the strips into boiling lard and cook a few seconds. Should be white when done.

MRS. WM. MCKEEVER.

WELSH BOY.

Two cups of grated cheese, one-half cup of milk, two eggs, a pinch of mustard and cayenne pepper, one-half teaspoonful of salt. Cook until smooth and spread over buttered slices of thin toast. Set in the oven to brown. Serve immediately.

WELSH RARE-BIT.

One pound of cheese, one tablespoonful of butter, one teaspoonful of dry mustard, one teaspoonful of salt, a dash or two of red pepper, half a cup of beer or ale, scant. Shave your cheese into thin pieces, add all the dry ingredients, put the butter in a chafing-dish ; when melted, add cheese, etc. ; begin to stir ; when cheese begins to melt add the beer or ale, a little at a time, stirring all the time until the mixtnre is smooth and stringy. Have ready your toast and hot plates and serve at once. This amount will make enough for eight slices of toast. If no chafing-dish is handy, anything will do, only be sure to make it over hot water. If you do not, it will be tough. One-half cup of cream or milk may be used in place of beer. MRS. C. D. CHEESMAN.

BACON FRITTERS.

Fry small slices of bacon to a delicate crisp, then dip each slice into a batter made of egg, flour and milk ; after which again fry, slightly browning the sides. MISS WITMER.

BREADS.

REAL PARKER HOUSE ROLLS.

Two quarts of sifted flour, one teaspoonful of salt, two tablespoonfuls of butter, not melted, but worked into the flour. Make a hole in the middle of the flour and put in a pint of luke warm scalded milk and one teacup of yeast. Set at 9 o'clock in the morning and at 12 o'clock mix well with tablespoon and let it rise until 4 o'clock ; then roll out one-fourth of an inch thick, cut with muffin ring, then fold in envelopes. Put in buttered tins and allow them to rise until 5:30 o'clock, when bake in a quick oven. MRS. HUGH MACNEIL.

A QUICK LOAF BREAD.

Add six teaspoonfuls of baking powder and four quarts of whole wheat flour; sift four times. Moisten quickly with cold water, using about one and a half quarts. It must be moist, yet at the same time sufficiently stiff to mold. Knead and mold quickly into four loaves. Brush with milk and bake in a moderate oven one hour. Cool the same as yeast bread.

MRS. RORER.

BOSTON BROWN BREAD.

Mix two cups of Yankee rye meal, one cup of granulated yellow Indian meal and one cup of whole wheat flour. Add a teaspoonful of salt, and sift. Dissolve a level teaspoonful of soda in about two tablespoonfuls of warm water; add it to one and a half pints of thick, sour milk, or buttermilk. Then add to this one cup of molasses. When thoroughly blended pour it over the dry ingredients and mix thoroughly. Put into baking powder cans and steam one hour. Lift the covers, allowing the bread to cool, and at serving time bake for thirty minutes.

MRS. RORER.

POP-OVERS.

Beat two eggs, without separating, until thoroughly mixed; add one cup of milk. Put one cup of flour into another bowl; add to it gradually the eggs and milk; beat until smooth. Strain through an ordinary gravy strainer. Put at once into greased, hot gempans and bake in a moderately quick oven for forty-five minutes. If these are properly made and properly baked they should swell six times their original bulk, and may be used for breakfast or luncheon, or served with a liquid pudding sauce as a dessert. Whole wheat flour, if sifted three times, may be substituted for white flour. Iron gempans insure better results than those made of lighter metals. MRS. RORER.

CLIFTON GLUTEN ROLLS.

Three cups sifted health flour, two teaspoons baking powder, one-half teaspoon of salt, two cups sweet milk. Mix all to light dough, heat and grease the tins and bake twenty-five minutes in a hot oven. MRS. M. J. BELL.

ASTOR HOUSE MUFFINS.

One pound of flour, two ounces of butter, one ounce of sugar, one ounce of baking powder, two eggs, milk enough to make a soft dough. MRS. F. A. EASTMAN.

BREAD STICKS.

To make bread sticks, use either the whole wheat or white bread. At sponging time take about a tablespoonful of the sponge and roll it out under your hand in a long, round bit the size of your finger and the length of your bread stick pan. Put each one down in its place in the pan, stand in a warm place for thirty minutes, brush them with water and bake in a quick oven about fifteen minutes. Persons who are troubled with indigestion can eat bread sticks when any other form of bread would be objectionable. MRS. RORER.

FRENCH TOAST.

Heat in the spider a small lump of butter. Break an egg and beat it into half a cup of milk ; dip a slice of bread, covering both sides with the mixture, and fry. One egg should be enough for three small slices. MRS. JEANNETTE STUART.

HOE CAKE.

Scald one-third of the meal with hot water ; add the rest of the meal, a handful of flour and salt to taste ; mix with cold water to the consistency of a very thick batter. Clean and grease old-fashioned "nigger hoe," spread the cake on it and pat it smooth. Set on top of hot coals and when brown on bottom turn with knife and brown the other side. May be baked in spider or on top of stove. MRS. WM. MCKEEVER.

SANDWICHES.

(Named from Lord Sandwich.)

Appropriate winter sandwiches are : Chicken, tongue, ham, beef, mutton, duck, celery, caviar.

Made from fruits : Cherries, pineapples and gages blend.

The sandwiches may be cut in different shapes or fingers. For crescents, use a biscuit-cutter. They can be halved.

Fruits should be chopped.

WALNUT SANDWICHES.

Shell half a pound of English walnuts. Put the kernels into a pint of boiling water; boil for a minute; drain, and cover with stock; add a bay leaf, a few celery tops and a slice of onion. Cook gently for twenty minutes, drain and skim; chop fine, add half a teaspoonful of salt and a dash of cayenne or paprica. Spread between thin slices of buttered bread. These are very nice served with lobster *a la* Newberg.

MRS. J. W. MCKINLEY.

CHICKEN SANDWICHES.

Chop cold, cooked chicken very fine. Pound until smooth, adding gradually enough thick, sweet cream to make a paste. To each pint add a teaspoonful of salt, a dash of pepper, a teaspoonful of onion and a tablespoonful of lemon juice. Spread between thin slices of buttered bread.

MRS. J. W. MCKINLEY.

OLIVE SANDWICHES.

Chop or cut into small pieces one quart of ripe, split olives. Mix lightly with one-half pint of mayonnaise dressing and the yolks of two hard-boiled eggs, rubbed to a paste with two tablespoonfuls of thick, sweet cream. Season with paprica and a little salt, unless the olives are very salt.

MRS. J. W. MCKINLEY.

ASH CAKE FOR PICNICS.

Mix Indian meal with water and a little salt; mix stiff enough to roll. Place in maize or cabbage leaves, rake out hot ashes and bake a golden brown. MRS. BURTON HARRISON.

BROWN BREAD.

One and a half cups sour milk, half a cup of molasses, half a teaspoonful of soda, graham flour enough to make a stiff batter (about three cups). Bake thirty minutes.

MISS LILIAN VOSBURGH.

SUGGESTIONS.

To warm over rolls and biscuits, put them in a common paper sack and put in a hot oven. Don't wet them. C. B. C.

CAKE.

GOLD MEDAL FRENCH CREAM CAKE.

For cake: Three eggs, one cup of white sugar, one and a half cups of flour, one teaspoonful baking powder, two tablespoonfuls thick sweet cream, one teaspoonful of lemon extract or vanilla; bake as jelly cake.

For the mock cream: One tablespoonful flour stirred in a little cold milk; add one egg, well beaten; one-half teacup white sugar; add one tablespoonful of butter to this; add one-half pint of sweet milk (cream is preferred), and boil the whole until it thickens; flavor with lemon; if used in cake while warm, spread between cake. The cake is much improved if baked a day or two before using.

This cake was first baked for Louis Napoleon for the Paris Exposition at Paris, for which a gold medal was granted; afterwards for the Centennial at Philadelphia, 1876.

MRS. J. W. HOPKINS.

ANGEL FOOD CAKE.

Whites of eleven eggs, one and one-half cups granulated sugar, one cup of flour, one level teaspoon cream tartar, one teaspoon extract vanilla, one-eighth teaspoon salt; sift flour and sugar each five times separately; beat egg (salted) *very stiff*, sift the cream of tartar with the flour and then sift into the beaten egg, then extract; bake from forty to sixty minutes.

MISS LOUISE WETMORE.

NUT CAKE.

Two cups sugar, one cup butter, four eggs, three cups flour, one cup cold water, one teaspoon soda, two teaspoons cream tartar, two cupfuls nuts added last; dredge slightly with flour. Bake in a loaf in a moderate oven for fifty or sixty minutes; ice with caramel icing.

Caramel icing. Two cups brown sugar, one-half cup milk, one tablespoon butter. Boil until it just begins to "thread," take from the fire and stir, adding when partly cool two tablespoons of vanilla.

MRS. DON A. MACNEIL.

DEVIL'S FOOD.

No. 1. One cup brown sugar, one-half cup of butter, one-half cup of sweet milk, two eggs, one very scant teaspoon of soda, two very full cups of flour.

No. 2. One cup of grated chocolate (Baker's unsweatened), one-half cup sweet milk, one cup brown sugar. Boil this until very thick; cool; add two teaspoons of vanilla and mix into No. 1; bake in three layers.

In mixing No. 1, cream, butter and sugar, break eggs into sugar and beat hard for five minutes, then add milk, and then soda, dissolved in a little warm water; then No. 2, filling, and last the flour, and beat very hard.

Icing. One-half cup of sweet cream, beat in enough pulverized sugar to make stiff. MRS. ADAMS.

ENGLISH CHEESE CAKES.

One cup cottage cheese, one egg, one tablespoon sugar, one-half cup of cream, one-quarter cup raisins; line patty pans with pie crust and fill with the above mixture; bake.

MRS. C. E. ANGLE.

CHOCOLATE CAKE.

One-half cup butter, one cup sugar, three eggs (one white reserved for frosting), one cup milk, one-half cup grated chocolate (unsweetened), one cup sugar, one tablespoon vanilla, two cups flour, one teaspoon soda, dissolved in a little milk. Boil milk, chocolate and one cup of sugar together, then mix in the order given, adding the chocolate mixture hot. Bake in two jelly tins and ice with boiled icing, with or without chocolate in it.

Boiled icing. One cup granulated sugar, one-third cup boiling water, one saltspoon cream of tartar. Boil sugar and water without stirring until it "threads;" add the cream of tartar to tartar to the beaten egg, and pour over it the boiling syrup in a fine stream, beating well. MRS. DON A. MACNEIL.

CREAM COOKIES.

One pint of sour cream, two cups sugar, three eggs, well beaten, two teaspoons soda. Mix very soft. Bake quickly. Flavor with grated lemon. MRS. BENJ. THORPE.

CHOCOLATE CAKE.

One-fourth cup butter, one-half cup sugar, one-half cup sweet milk, two eggs, one-half cup grated chocolate, one cup flour, one teaspoon yeast powder. This makes two layers. Put together with boiled frosting. MRS. COLES BASHFORD.

MARBLE CAKE.

Light mixture. One cup of sugar, one-half cup of butter, one-half cup milk, two cups of flour, two-thirds full; two eggs, one even spoonful soda, one-half even spoonful vanilla.

Dark mixture. One-half cake of chocolate, one-half cup of milk, two heaping spoonfuls of sugar, one egg. Cook until it thickens, stirring all the time; add one-half teaspoonful vanilla, and mix with the white mixture. Bake forty-five minutes in slow oven. Make very carefully. MRS. WM. PRIDHAM.

CIVIL RIGHTS CAKE.

One cup of butter, two cups of sugar, three cups of flour, one-half cup of sweet milk, two teaspoons of baking powder, whites of seven eggs. Divide into three layers. For the dark part, one-half cup of raisins, one-quarter cup of molasses, one and one-half teaspoonfuls of ground cinnamon, one of allspice, a little cloves. Flour the raisins, and use a very little baking powder with the flour you use to flour the raisins. Flavor the white part with essence of lemon, and put jelly between the layers, icing the whole of the cake on the outside with any plain, white icing. MRS. H. C. GOODING.

ORANGE FRITTERS.

Yolks of four eggs beaten with four tablespoons of sugar, stir into this the juice of half a lemon and just flour enough to thicken like a batter; add beaten whites and dip in one slice of orange at a time. Take up with large kitchen spoon and lay in hot butter and fry a nice brown. Sprinkle pulverized sugar on top. MRS. ANNA C. URBAN.

DELICATE CAKE.

One cup of sugar, one-half cup of butter, two cups of flour, sifted twice with one and one-half teaspoons baking powder; one-half cup sweet milk; whites of four eggs, well beaten; flavor to taste.

COMBINATION CAKE.

White part—Two cups sugar, one cup butter, one cup sweet milk, whites of five eggs stiffly beaten, two and one-half cups flour, sifted twice with one and one-half teaspoons baking powder; flavor to taste.

Dark part—To two large spoons of the above add half a cup of raisins, same of currants, half a cup molasses, half cup of flour; spice well, as for fruit cake.

Bake white part in layers; dark part in layers, also. Place one layer dark between two of the white, with jelly between. Frost. Best to bake the layers in square or oblong tins, and cut in dainty blocks. If you color one layer of the white cake it is a change.

MRS. BENJ. THORPE.

WALNUT TORTE (CAKE).

Separate the yolks and whites of nine eggs; sift half a pound of pulverized sugar into the yolks and beat until the consistency of batter; add a pinch of salt to the whites and beat till very stiff. Have ready a pound of walnuts, shelled carefully (weigh before shelling). Reserve some of the whole ones for decorating the cake. Pound remainder in a mortar, or with rolling-pin, and add to beaten yolks; add also two heaping tablespoons sponge cake; last, add the stiff-beaten whites. Bake in a moderate oven three-quarters of an hour.

MRS. ANNA C. URBAN.

WHITE CAKE.

One cup sweet milk, one cup butter, two cups sugar, three and one-half cups sifted flour, three teaspoons Royal baking powder, sifted three or four times with the flour; whites of eight eggs; cream, sugar and butter together, Beat eggs to a stiff froth and stir in last. Season with lemon. Lay papers over top of cake pan until the bottom is well baked.

MARY E. THRELKELD.

VERMONT ELECTION CAKE.

Three cups new milk, two cups sugar, one yeast cake. Let it stand over night. In the morning add two cups of sugar, two cups of shortening (one cup butter, one cup of meat fat is best), two cups of raisins, two eggs, one-half teaspoon soda, one nutmeg. Let it rise until it bubbles, then bake. Makes four loaves.

MRS. J. O. HALL.

WATERMELON CAKE.

White part. One-half cup butter, one-half cup milk, one and a half cups sugar, whites of three eggs, beaten stiff; two teaspoons baking powder.

Dark part. One cup red sugar, one-half cup white sugar, one-half cup butter, one-half cup of milk, yolks of three eggs, two teaspoons of baking powder. Put raisins or currants in the red part to represent watermelon seeds.

MRS. R. B. ASHLEY.

DELICATE CAKE.

Two cups sugar, one-half cup butter, the whites of four eggs, one cup of sweet milk, three cups of flour, three small teaspoons of baking powder, flavoring. Beat the butter and sugar to a cream, then stir in the milk and flour; add the whites last. This can be used for any layer cake. MRS. T. F. BIXBY.

VELVET SPONGE CAKE.

Four eggs, whites and yolks beaten separately; two cups of sugar, two heaping cups of flour, two teaspoons of baking powder, one cup of boiling water. Beat yolks, add sugar and beat until real smooth, add flour and baking powder, then hot water, then beaten whites, and beat all well. The batter will be thin, but it will come out all right. Bake half an hour in a moderate oven. MRS. C. D. CHEESMAN.

SPONGE CAKE.

Three eggs, beat; one and one-half cups sugar, beat; one cup flour, beat; one-half cup cold water, beat; one-half teaspoon soda, beat; one cup flour and one teaspoon of cream of tartar, beat; one teaspoon of vanilla; slow oven.

MRS T. F. BIXBY.

RAISED DOUGH CAKE.

Two pounds raised dough (made from good recipe for bread), three-fourths pound brown sugar, one-half pound butter, four eggs, one-half pound raisins, one-half pound currants, one teaspoon cinnamon, one teaspoon cloves, one teaspoon allspice, one-half teaspoon nutmeg. Raise for half an hour, then bake in a moderate oven. MRS. HUGH MACNIEL.

EGGLESS CAKE.

One and a half cups sugar, one-half cup of butter, one cup of sour milk, one-half teaspoon soda, one-half teaspoon cinnamon, one-half nutmeg (grated), three level cups of sifted flour, one and a half cups of seeded raisins chopped and well floured in part of this three cups.

"A tutti frutti filling for layer cake is made by mixing chopped raisins and a small quantity of lemon, orange and citron peel, currants and nuts with soft icing. It must be very thoroughly mixed, so that no one ingredient shall predominate." MISS LILIAN VOSBURGH.

ORANGE CAKE.

Two cups of sugar, one cup butter, five eggs, yolks and whites beaten separately; four cups of flour, one cup sweet milk, two teaspoons baking powder, two teaspoons lemon extract; add whites of eggs last. This receipt makes two cakes.

Filling. Beat the whites of two eggs very stiff and add a little sugar. Chop two oranges very fine and beat into whites of egg. MISS CARRIE OLESON.

FRUIT CAKE.

One pound flour, one pound butter, one pound sugar, one dozen eggs, three pounds currants, four pounds raisins, one and one-half pounds citron, one and one-fourth ounces cinnamon, one-half ounce mace, one-fourth ounce cloves, one-half teaspoon ginger, one-half tablespoon soda, one-half teacup molasses, one-fourth pint best strong brandy. To prevent fruit cake baking too hard on the bottom make thick batter of graham flour and water, and place an inch deep in the baking tin. Place oiled paper on this and at sides of tin before pouring in the mixture. MRS. WM. PRIDHAM.

POLISH ALMOND CAKE.

Two-thirds of a cup of fresh butter, one cup sugar—cream well together; add four eggs, one at a time; beat thoroughly; then beat in one heaping cup of flour and a very scant teaspoon of baking powder; have blanched and shredded—not chopped—one-fourth pound almonds, stir half of which into the cake, and strew the rest on the top; bake in a small dripping pan or other scant pan. MISS LILIAN VOSBURGH.

COOKIES.

LEMON COOKIES.

Half a cup of butter, one cup sugar, juice of one-half large lemon, grated peel of half a lemon ; one-half teaspoon soda in two tablespoons milk ; flour to roll.

MRS. JENNIE M. SMITH.

HONEY COOKIES.

One-half pound almonds, one-half pound chocolate, one cup honey, cup of sugar, four eggs, one wineglass of brandy, one teaspoon cloves, allspice and cinnamon, one-half teaspoon baking powder and flour to stiffen. MRS. ANNA C. URBAN.

FRUIT COOKIES.

One and a half cups sugar, one cup butter, three eggs, a level teaspoon soda dissolved in one-fourth cup buttermilk, one-half teaspoon cloves, two-thirds teaspoon cinnamon, little nutmeg, one cup chopped raisins or part currants, one-fourth cup citron. Mix soft and sift sugar on top. MRS. FRANK GORDON.

FANCY COOKIES.

One cup white sugar, one-half cup butter, two eggs, one and a half cups flour (probably more), one-fourth teaspoon hartshorn. Roll thin, cut in fancy shapes, paint tops with beaten egg and sprinkle with sugar and cinnamon. MRS. LESLIE SMITH.

ANNA'S GINGERSNAPS.

One cup butter, one cup sugar, one cup molasses, one-half cup boiling water, two teaspoons ginger, one-half teaspoon cloves, one teaspoon soda, flour to make a stiff dough. The soda is dissolved in the boiling water. Bring molasses to a boil. Mix sugar and butter to a cream, then add the molasses, then the hot water and soda, spices and last the flour, quite stiff. Roll out very thin and bake in very hot oven.

MRS. HUGH MACNEIL.

DOUGHNUT BALLS.

One cup sugar, three-quarters cup sweet milk, four eggs, one teaspoonful extract, two teaspoonful baking powder, two cups flour, add pinch of salt. Stir with spoon the same as for batter-cakes, then drop with teaspoon into a skillet of hot lard. When fried brown, roll in pulverized sugar and cocoanut.

MRS. W. R. HUNT.

GERMAN COOKIES.

One cup white sugar, one cup dark brown, one-half cup water, one-half teaspoon saleratus in water, one teaspoon cloves, one teaspoon ginger, little cinnamon, pinch of salt. Roll very thin. Very fine with coffee for breakfast.

MRS. J. C. WILCOX.

FRIED CAKES.

One cup sugar, three eggs, one cup milk, three small tablespoonfuls lard, three teaspoons baking powder, a little nutmeg, half teaspoonful salt. Mold soft and drop into hot lard, then place kettle on back of stove and cook slowly until done.

MRS. L. G. WETMORE.

WALNUT WAFERS.

Two eggs, well beaten ; one cup brown sugar, one cup chopped walnuts, pinch of salt, four tablespoons sifted flour. Bake a spoonful on buttered paper or tins.

MRS. W. G. COCHRAN.

HERMITS.

Two cups of brown sugar, one cup of butter, one cup of raisins, chopped fine ; three eggs, one-half teaspoon soda dissolved in three tablespoons of milk ; one nutmeg, one teaspoon each of cloves and cinnamon, six cups of flour. Roll one-quarter inch thick, cut in small cakes, and bake in a rather quick oven.

MRS. W. G. COCHRAN.

EGGLESS COOKIES.

Six cups flour, two cups sugar, one cup butter, one cup sweet milk, one teaspoon soda. Roll very thin and bake quickly.

MRS. W. C. PATTERSON.

PUDDINGS.

STEAMED GRAHAM PUDDING.

Two cups of graham flour, one cup of milk, one cup molasses, one-half cup sugar, three tablespoonfuls melted butter, one teaspoonful soda, all kinds of spice and a cup of raisins, if you like. Steam three hours. Any kind of sauce. MRS. T. F. BIXBY.

CHOCOLATE PUDDING.

Six tablespoonfuls of grated chocolate, ten tablespoonfuls of bread crumbs, one quart of milk. Boil together till thick as "pap;" when cool, add one cup sugar, six eggs, less two whites. Bake. Make icing of whites left out, as much sugar as it will bear without becoming stringy. Spread over pudding and brown slightly. Serve with cream. MRS. R. M. BELL.

LEMON CREAM PUDDING.

Beat the yolks of four eggs with four tablespoonfuls of sugar, add the juice and grated rind of one large lemon, two tablespoons of hot water. Let simmer until it thickens, then remove from front of stove and stir in the whites of four eggs, beaten stiff with two tablespoons of powdered sugar. MRS. G. P. GEHRING.

ORANGE SHORTCAKE.

One tablespoon of butter, two of sugar, one well-beaten egg, one cup of sweet milk, three cups of flour, two teaspoons of baking powder; beat butter, sugar and egg together. Slice half a dozen oranges, cutting into little bits; cover with care; sugar and let stand half an hour before using. Make a sugar and butter sauce, adding the juice of four oranges, one-quarter cup of boiling water and two tablespoons of wine. MRS. ROSS.

RICE CREAM.

Half a cup rice cooked in three cups milk till soft; add two cups milk, yolks of three eggs, beaten well, and four tablespoons sugar. Let this boil up, then pour in pudding dish. Beat the whites of the three eggs, add four tablespoons sugar, flavor with lemon or vanilla, and return to the oven until brown.

MRS. C. C. GIBBONS.

ORANGE PUDDING.

Pare and slice around the fruit six large oranges; sprinkle plentifully with sugar, then cover with either of the following preparations, stirring carefully, to mix it through the fruit, then set on ice until ready to serve:

No 1—Boil and sweeten to taste one pint rich milk, thicken with cornstarch and flavor with vanilla; add pinch of salt and lump of butter size of an egg.

No. 2—Two wineglasses of white wine, half a cup of sugar, yolks of two eggs and pinch of salt. Beat all well together, then place over fire; stir constantly until it thickens, and pour over fruit already prepared.

Adding three sliced bananas to oranges makes another delicious dessert.

Peaches served in the same way are delicious. The whites of the eggs may be beaten light and laid on top.

MRS. W. T. DUNWELL.

MRS. H. H. MAYNARD'S BLACKBERRY DUMPLINGS.

(An old Southern recipe.)

Make a nice baking powder crust; a little shorter and a little softer than for biscuit; roll a little thicker than pie crust and cut into pieces as large as a tea plate; cover the center of each, thickly, with blackberries and a heaping tablespoon of sugar; pull the edges of the crust up around the berries and pinch together. Put the dumplings in a dry, granite pan, not crowding, and put in a rather slow oven. After they begin to brown slightly, put a little butter and a little sugar into the spaces between the dumplings and pour in some boiling water also. Don't bake too fast, but if they seem to be browning too rapidly baste them with a little of the water. Serve hot, with hard sauce.

MISS LILIAN VOSBURGH.

WHITE PUDDINGS.

Whites of two eggs, three tablespoonfuls of sugar, three tablespoonfuls of butter, one-half cup of milk; one teaspoonful of baking powder into enough flour to make stiff batter. Steam forty to sixty minutes. Can be varied by putting in chopped dates, figs, or any other fruit. Serve with sauce.

MRS. FELIX C. HOWES.

BATTER PUDDING.

One pint and a half of milk, three tablespoons of flour, four of sugar, five large eggs or six small ones; flavor with vanilla. Bring the milk to the boiling point, pour it over the sugar and flour (which have been previously sifted together); allow this to cool; add the eggs, beaten very light, and bake in a pudding dish half or three-quarters of an hour. Serve immediately, with whipped cream or foaming sauce. MRS. A. R. SPRAGUE.

MRS. H. H. MAYNARD'S BLACKBERRY PUDDING.

(An old Southern recipe.)

Half a cup butter, two cups sugar, three cups flour, half a cup milk, two small teaspoons baking powder. Mix as for a cake, and pour over two boxes of blackberries, which have ready in the bottom of a pudding dish sprinkled with a little flour and a tablespoon of sugar. Then put into the oven at once and bake as carefully as you would cake. Serve hot, with hard sauce.

MISS LILIAN VOSBURGH.

APPLE GRUNT.

Hemlock Lake.

Make a light biscuit crust. While it is baking, stew two pared, cored apples in a little water. When tender, remove from the stove, beat yolk of one egg and tablespoon of brown sugar. Turn the brown biscuit, bottom up, on to a platter; butter; cover with apple mixture; beat white of egg; cover the apple biscuit; brown in oven.

BROWN BETTY.

Butter a deep pudding dish, place a layer of sliced apple in the bottom; sprinkle with brown sugar, cover with grated bread crumbs, seasoned with bits of butter and sprinkle with cinnamon; then a layer of apples; so alternate, until the dish is filled, covering the top with bread crumbs; brown in oven. Serve with drawn butter or foam sauce. Excellent. MRS. JEANETTE STUART.

SIMPLE RICE PUDDING.

Eight cups milk, one cup rice, one cup sugar, one teaspoonful salt; flavor to taste. Put over a very slow fire, stirring frequently, for nearly an hour, or until boiling; then place in oven for an hour, till good, brown crust forms. MRS. C. C. ASHLEY.

BANANA PUDDING.

One pint sweet milk, two tablespoons cornstarch, three tablespoons sugar, the beaten whites of three eggs, a little salt. Boil milk in a double boiler, then add sugar and salt; then cornstarch, dissolved in a little cold water, and boil; when done, stir in the stiff whites of eggs quickly and thoroughly, after taking from fire. Turn part of this into a pudding dish and slices of bananas; then more of pudding and more bananas. Set on ice, and serve cold, with sweetened cream. MISS LILIAN VOSBURGH.

PIES.

CURRANT PIE.

One tumblerful of currants, one tumblerful of sugar, one egg. Stir all together well. L. C. B.

ORANGE MERINGUE PIE.

Grate the rind and use the juice of three large oranges and of one lemon. Stir together a large cup of sugar and a heaping tablespoon of flour; add to this the well beaten yolks of three eggs and two tablespoons of melted butter. Put in a pie pan lined with pie paste, and bake in quick oven. When done, spread on the top the three whites of the eggs, well beaten, and well sweetened with fine sugar. Return to the oven and brown slightly.

MRS. FRANK JOHN HART.

CREAM PIE.

Cream part—Beat one egg with one-half cup of sugar and one-quarter cup of flour, previously mixed, until creamy. Stir this into one cup of boiling milk; add one teaspoonful of butter and stir one way until it thickens. Flavor with vanilla or lemon.

Crust part—Three eggs; beat the yolks with one cup of granulated sugar, four tablespoonfuls of milk or water, one cup of flour, one teaspoonful baking powder. Lastly, the beaten whites. Flavor same as cream. Bake in two medium size jelly cake tins. Bake in a quick oven until a delicate brown. When cool, spread cream between layers and on top. MRS. E. S. MILLER.

RAISIN PIE.

One coffee cupful of layer raisins (stoned), juice of one lemon and rind peeled thin and chopped with raisins, one tablespoonful sugar, one tablespoon water. Bake with upper and lower crust.

MRS. GEORGE MOTLEY.

LIGHT DESSERT.

EGYPTIAN PUDDING.

One-half cup of rice, cooked in water with a little salt; one-half box of gelatine, well dissolved; one pint of cream, whipped; one cup of pulverized sugar, the juice of one lemon and two oranges; whip cream and gelatine together, add sugar and rice, and five cents' worth of dates and figs, a little citron (chopped fine); garnish with crystalized cherries; cool thoroughly.

MRS. A. P. WEST.

CHARLOTTE RUSSE.

One pint rich cream (Santa Ana is very nice), very cold whipped, to which add one-half cup pulverized sugar, and flavor with vanilla and whip again. Line a dish with lady fingers and cover with the cream. MRS. JESSE W. HATCH.

APPLE CHEESE.

Stew apples, with plenty of sugar, lemon, cloves and cinnamon; pass through a hair sieve. To one quart add one-half package of gelatine, dissolved in water; mix well and pour into a mold. When cold turn out and serve with custard poured over it. MRS. G. B. F. HALLOCK.

PINEAPPLE CREAM.

One-half cup of sugar, one cup of water, and one can of grated pineapple, boiled together ten minutes; dissolve one-half box of gelatine in one-half cup of water and beat into pineapple. When cool beat in one cup of whipped cream. Set on ice. Serve with whipped cream. MRS. SIDNEY J. PARSONS.

AMBROSIA.

Peel and slice half a dozen navel oranges into a glass dish, sprinkled liberally with white sugar; cover and mix with dessicated cocoanut. Let stand in cool place one hour; serve.

MISS KATE SAPPINGTON.

APPLE CHARLOTTE.

Add the juice of one lemon to a pint of strained apple and one cup of sugar. If the apple is tasteless add the juice of two lemons. Stir into this one-half box of gelatine after it has been soaked two hours in one-half cup cold water and dissolved by one-half cup of boiling water being turned upon it. Beat thoroughly and set in refrigerator to thicken; then add the whites of four eggs, beaten stiff. Line a mold with lady fingers and fill with mixture. The longer you beat it the whiter it will be.

MRS. E. G. SMEAD.

ORANGE CHARLOTTE.

Soak one-half box of gelatine in one-half cup of cold water two hours; add one and a half cups of boiling water. Stir and strain, to which add two cups of sugar, one cup of orange juice and juice of one lemon. Stir until mixture is cold—fifteen minutes or more; then add whites of four eggs, beaten to a stiff froth. Beat together thoroughly and pour into a mold previously lined with sections of orange, and set on ice.

MRS. JENNIE S. PIERCE.

SNOW.

Soak one-fourth of a box of gelatine in half a cup of cold water; grate the rind and strain the juice of a lemon; mix with these two-thirds of a cup of sugar, mashing the rind first into the dry sugar to extract the juice. When the gelatine is thoroughly soaked, turn upon it one cupful of boiling water, and stir in the lemon and sugar. Set aside to grow thoroughly cold. Beat the whites of four eggs to a perfectly stiff froth, then strain the gelatine, and add it little by little (beating as you do so) to the eggs. Whip the whole to a perfect foam, from twenty minutes to half an hour; set to cool; served with boiled custard.

MRS. A. D. T. WHITNEY.

PRUNE WHIP.

Stew twenty prunes until thoroughly soft and liquor boiled away; cut them fine, removing the pits, and allow them to cool. Beat the whites of six eggs to a froth, add six level tablespoons of pulverized sugar, a little salt and the prepared prunes, stirring all together. Put in pudding dish and place in moderate oven for a few minutes to brown. MISS AMELIA SMEAD.

BLANC MANGE.

Blanc manges are milk jellies.

They may be made with gelatine, moss, arrowroot, cornstarch or farina.

Seamoss—one tablespoon to a quart of blanc mange.

Cornstarch or arrowroot—three tablespoons to a quart.

Farina—one gill to a quart.

Sago or tapioca—a cupful will make a quart.

WINE JELLY.

To one-half package of gelatine add one-half pint of cold water, the juice of one and one-half lemons and grated rind of one. Let stand one hour, then add one pint of boiling water, one-half pound of granulated sugar and one-half pint wine. Run into molds and stand in a cool place. Serve with or without the following custard: To a pint of milk at the point of boiling add two tablespoons sugar and three well-beaten eggs; flavor to suit. Whipped cream may be served instead of custard if desired.

MRS. C. C. GIBBONS.

SPANISH RECIPES.

SPANISH RICE.

Fry one-half a cupful of rice in butter until it turns a light brown, then pour water into the pan and boil the rice until soft. Fry two large onions, four large tomatoes and six green (or three red) chillies; add this to the boiled rice just before taking from the stove. Salt to taste. MRS. VINTON MITCHELL.

TAMALES FOR 150 PEOPLE.

Twenty pounds beef, six cans tomatoes, one dozen chillies, a little celery seed; cook meat tender, chop, mix together and keep hot. Make mush of white cornmeal, and when sufficiently cooked spread hot on covers or husks—using three or four; put in two olives; strip some of husks for strings to tie each end and steam one hour. Before serving cut ends of tamale about one inch from string, so they look neat and fat. Keep filling and mush hot so that they will spread smoothly. Can get covers or husks at Christopher's. MRS. MARY R. CLACIUS.

MEXICAN HOT STEW.

Take beef that has been boiled to a "pot roast," cut in small pieces and fry with a small sliced onion; over this pour a sauce made of six red peppers, with most of the seeds taken out; boil until tender, then mash through a colander; add the water in which the peppers were boiled; fry together with the meat a few moments. Strained tomatoes may be added if preferred.

MRS. VINTON MITCHELL.

ENCHILADAS.

Tortillas for enchiladas—Two and a half cups of flour, one-half teaspoon of salt and water enough to make a dough; roll it out thin, cut the size of a pie plate; cook on top of the stove lid. See first that your lid is very warm.

Sauce for same—Take twelve or more red chillies, put in the oven to toast, then take them out and seed them, place in hot water and let them stand on the stove until the skin can be easily scraped off; after scraping the skin mix the meal well in the water they were soaking in until very fine. Now chop an onion very fine, place a frying pan on the fire with one tablespoonful lard; when very hot fry the onion and then pour in the chili, adding vinegar, salt and thyme to taste; to these add one and a half tablespoons of flour to thicken; let these cook for two minutes.

Dressing for same—Two chopped onions, very fine; three hard boiled eggs, chopped up; a few raisins and olives, and grated cheese. Have ready a warm platter. Now fry the tortillas, one by one, in very hot lard; from the lard dip them into

the warm chilli sauce and place on warm platter. Put the dressing on one-half the tortilla and lay the other half over ; spread chili sauce and grated cheese on top ; serve.

MISS MAMIE DEN.

ICE CREAMS AND ICES.

ICE CREAM.

One quart rich cream, one pint milk, one and a half cups granulated sugar, three eggs, one tablespoon vanilla. Beat the eggs very light and add to other ingredients ; then whip all together with egg beater fifteen minutes, then freeze. A great deal depends on the freezing. This cream is delicious when frozen with care. If you wish to add fruits do so when half frozen.

MRS. E. M. UPTON.

LEMON SHERBET.

Two cups lemon juice (eight lemons), five cups sugar, eight cups of water, whites of two eggs, beaten stiff, and added to the partly frozen ices. You can use part orange juice, or fruit syrups if preferred.

R. L. ASHLEY.

FROZEN PEACHES.

One can of peaches, one pint of sugar, one quart of water, two cups of whipped cream. Boil sugar and water together; then add the peaches and cook twenty minutes longer ; put through a sieve and when cool freeze. Toward the last stir in the whipped cream. It is also nice without the cream, and apricots may be substituted for peaches.

ORANGE SHERBET.

Juice of one dozen oranges, juice of three lemons, grated rind of four oranges and two lemons ; strain. Boil one quart of water with one quart of sugar until it drops rather heavy from the spoon. Let cool and add to the juice when it will be ready to freeze.

MRS. SIDNEY J. PARSONS.

PINEAPPLE SHERBET.

One can pineapple, one quart cold water, three-fourths of a quart of sugar, whites of four eggs; dissolve the sugar in the water, add the pineapple and partly freeze; add the juice of one lemon and the beaten whites and continue freezing.

MRS. SIDNEY J. PARSONS.

SNOW ICE.

One-fourth box of Cox's gelatine, one and one-half cups sugar, whites of three eggs, juice of three lemons, one quart of water. Put the gelatine to soak in one-half cup warm water for half an hour. Then pour over it one pint of boiling water, and when dissolved add one pint of cold water, lemon juice and sugar, and this is ready to freeze. When nearly frozen add the beaten whites of eggs. Make a cooked custard of the yolks of eggs, one pint of milk and one-half cup of sugar; scald, but do not let boil, and when cold flavor with vanilla extract. Pour some of this around the frozen part when dished.

MRS. L. H. MITCHEL.

FROZEN APRICOTS.

Use juice of two lemons to one-half can of apricots, three or four cups of sugar and eight cups of water.

FRUITS.

ORANGE CONSERVE.

Five pints currant juice, one and a half dozen oranges, nine pounds granulated sugar, two pounds of choice raisins (seeded); cut off and discard the ends of the oranges and seeds; then cut, skin and all, into very small dice; mix the currant juice, raisins and oranges together, and boil gently for one hour; then add the sugar, boiling slowly, for half an hour. Delicious to serve with ice cream, about a tablespoonful on the side of the dish.

MRS. BEECHER.

To those who prefer canned fruits to preserves, the following table will be useful:

	Cook.	Sugar.	Fruit.	Water.
Cherries	5 minutes	6 ounces	1 quart	1 cup
Raspberries	6 "	4 "	1 "	1 "
Blackberries	6 "	6 "	1 "	1 "
Strawberries	8 "	8 "	1 "	1 "
Plums	10 "	10 "	1 "	1 "
Bartlett pears	20 "	6 "	1 "	1 "
Peaches	8 "	4 "	1 "	1 "

Boil full amount of sugar and water. Drop a portion of the fruit into the boiling syrup. When cooked the necessary time, dip out with a strainer and put into the hot jars. Repeat this process until all the fruit is cooked, then cover the fruit in the jars with the rich syrup and seal at once. Berries cooked this way will keep for years. MRS. DON A. MACNEIL.

APRICOT JAM.

Scald, peel and stone the apricots. To ten pounds of fruit add seven pounds of sugar; arrange in layers and let stand over night; chop one pound of blanched almonds and one dozen apricot pits; cook apricots and sugar two hours, add almonds and pits one-half hour before the mixture is done, and watch carefully that it does not scorch after the almonds are in.

MRS. E. H. HOLMES.

LOQUAT JAM.

Remove the skin and pits of ripe pulpy loquats. To six pounds of the pulp add four pounds of white sugar; simmer slowly and stir often for three hours. Seal while hot and keep in a dry, cool place. MRS. S. H. WHITING.

FIG JAM.

Ripe green or Smyrna figs are best. Peel them, and to every six pounds add two sweet rined lemons. Slice thinly and quarter the lemons; pour on boiling water (after removing every seed) and let them cook till tender; throw away the water and add them to the figs with three pounds of granulated sugar. Boil the mixture four hours slowly and stir frequently, as it is liable to scorch. MRS. S. H. WHITING.

GRAPE FRUIT.

Loosen the pulp, remove the seeds and bitter lining, sweeten the pulp with powdered sugar; eaten with spoon from shell.

Oyster cocktails served in grape fruit are also popular and delicious. The pulp is loosened, skin and seeds removed and four or five tiny Blue Points are put in the center of each grape fruit half. The seasoning consists of tomato, lemon juice, vinegar, salt and a few drops of tobasco or Worcestershire sauce. The whole must be served ice cold.

BOSTON COOK BOOK.

PICKLES.

PEAR (SWEET PICKLES).

Peel two gallons hard pears at night, halve and core them. Take one pint vinegar and two pounds sugar; let it come to a boil and pour over the fruit and let stand until morning; then add your spices—cinnamon, cloves and allspice—in a bag and let cook slowly until fruit is easily pierced with silver fork. Remove fruit and let syrup boil down until quite thick; pour over the fruit, and you have splendid sweet pickles.

MRS. F. T. BICKNELL.

PICKLED NASTURTIUM SEEDS.

Gather the seeds, wash and dry them; then put in vinegar; half teaspoonful of salt to a pint of vinegar. When you have sufficient seeds, scald fresh vinegar; add salt as before; add the drained seeds. Put in bottles while scalding hot, taking care to cover the seeds completely with vinegar.

BOSTON COOKING SCHOOL.

TOMATO CATSUP.

Five quarts stewed tomatoes, five even tablespoons salt, three even tablespoons pepper, three even tablespoons allspice, four even tablespoons cinnamon, three even tablespoons French mustard, two cups of vinegar.

TOMATO PICKLES.

Peel and slice the tomatoes (green ones), put them in a large pan or crock and put some salt on them, enough to take the flat taste off; then pour boiling water over them, so they are well covered with the water; they ought to be kept hot for a while, but not to cook. The next day drain dry, put between a cloth and press them a little, so as to get the moisture out; then lay them in a stone jar; have spice bags ready, allspice, cinnamon and a little clove; heat vinegar enough to cover, with stick cinnamon and brown sugar enough to make a pleasant sweet; some red pepper; pour over the pickles; put a plate on to keep them under. Horseradish or white mustard seed preserves the vinegar and keeps it good. This is a very fine receipt.

MRS. N. G. CHESBROUGH.

OIL PICKLES.

One hundred half-grown cucumbers, sliced thin, and not peeled; half a pint of salt; let stand, with heavy weight, for six hours; do not freshen; then add one-half pint olive oil, two ounces celery seed, two ounces mustard seed, one quart finely chopped onion. Cover all with cold vinegar. Stir well with a spoon and put in a stone jar, with weight. Will keep without sealing, if made with pure cider vinegar.

MRS. W. G. COCHRAN.

PICKLED WATERMELON RIND.

Peel watermelon, remove the red part carefully, cut in lengths. Steam in steamer over boiling water till you can pierce with broom straw. Drain; then place in cans. Boil one quart of vinegar to two pounds of sugar, one ounce of cassia buds (or you can use cinnamon); pour this over the rinds, and seal.

CHILI SAUCE.

Twenty-four large, ripe tomatoes; eight onions, large, dry ones; six large, green peppers; six cups cider vinegar, three cups light-brown sugar, four tablespoonfuls of salt, two of ginger, two of cinnamon, one of cloves. The spices all ground. Boil two hours. This is a fine relish for cold meats.

MRS. N. G. CHESBROUGH.

PICKLED FIGS.

Take the white Smyrna figs that are fully ripe, but not cracked open; place in a wire basket, dip for a moment into a deep kettle of hot and moderately strong lye; afterward, drain. Make a syrup of one quart of best cider vinegar to three pints of sugar; boil and skim. Put the figs into the syrup and boil until thoroughly cooked; remove, and boil syrup down. Place the fruit in a jar to the depth of three or four inches, then spread over bits of cinnamon bark and cloves; then another layer of fruit, and spice, until the jar is full. To a gallon of fruit, two teaspoons whole cloves, four tablespoons cinnamon. Scald syrup for seven mornings and pour boiling hot over fruit, keeping fruit well covered with the syrup. MRS. N. GARLAND.

PICKLED PEACHES.

Twelve pounds peaches, four and one-half pounds sugar, one-half pint best vinegar, and cassia buds tied in a muslin bag. Heat the vinegar till very hot, then add the sugar. Cook a few peaches at a time, draining them on a sieve. When all the peaches are cooked put them into a stone jar, pouring the syrup on them. Let remain over night. In the morning pour syrup into a kettle and, when hot, put in the peaches for a short time; then put your peaches into glass jars, pouring the syrup over, and seal tight. MRS. F. M. FELLOWS.

BEVERAGES.

MAKING PUNCH FROM CURRANT JELLY.

Whip to a froth half a tumbler of currant jelly, adding gradually half a pint of boiling water; add the juice of a lemon, half a cup of sugar, and then pour in slowly one quart of cold water. This is more wholesome served without ice, but as warm water was used for melting the jelly a palatable temperature may be gained by adding half a pint of finely-shaved ice when you are ready to serve it.

LEMONADE.

Five lemons, one orange, one-half pound loaf sugar, one pint water, one quart bottle Shasta water, ice. Make a syrup of the water and sugar, add the lemon rinds and let stand one hour. (The lemons must be pared so there is none of the bitter white left on the rinds). Then remove the rinds, add the strained juice of the lemons and the orange, cut in very thin slices. Pour the lemonade into a bowl, having a block of ice in the center. Add strawberries if desired. The Shasta water should be added just before serving. MRS. COLES BASHFORD.

LEMON PUNCH.

Eight lemons, four quarts water, one quart sugar (scant), one box strawberries, one teaspoonful ginger extract, two cups of grated pineapple. MRS. WM. PRIDHAM.

ICED COFFEE.

Take a quart of very strong coffee and while hot mix with it some boiling milk. Set aside to cool and serve in cups with shaved ice and powdered sugar. On top of each cup place a spoonful of whipped cream. Chocolate may be served in the same way.

GINGER TEA.

Half a teaspoonful of extract of ginger, one teaspoonful of sugar; add half a glass of boiling water.

BOUILLON.

One teaspoonful of beef extract dissolved in a cup of boiling water, one teaspoonful of port wine. Salt and pepper to taste.

PUNCH.

Use the juice of two dozen oranges, two dozen lemons, two quarts of strawberries, one quart of port wine, four tablespoons maraschino, one-half dozen thin slices cucumber. Put into the punch bowl with lots of ice. MRS. W. F. BOTSFORD.

STRAWBERRY SHERBET.

Over one quart of strawberry syrup pour one quart of boiling water, add the juice of two lemons and tablespoonful of rose-water. Half fill a glass with cracked ice; pour over the sherbet.

TAMARIND WATER.

Pour a pint of boiling water on one quarter of a pound of preserved tamarinds; allow it stand for half an hour, keeping quite hot; then strain off the water. It can be served hot or allowed to cool and served with cracked ice. In either case it is a refreshing and wholesome drink for the sick room.

NECTAR.

Take two quarts of boiled water and dissolve in it two pounds of sugar and two and one-half ounces of tartaric acid. Beat up the whites of two eggs and put them into a bottle with a little warm syrup. Shake well and add the remainder of syrup. Let it boil for several minutes, skimming until clear. Flavor with vanilla or lemon. To use: Put half a teaspoonful of bicarbonate of soda into a tumbler, pour over it two or three tablespoons of syrup, add a little crushed ice and fill with water.

MRS. R. B. ASHLEY.

CHOCOLATE SYRUP.

Into a graniteware saucepan put three tablespoonfuls of Baker's soluble chocolate and gradually pour on it half a pint of boiling water, stirring all the time. Place on the fire, stirring all the time till chocolate is dissolved. Cook three minutes, strain and cool; add one tablespoonful of vanilla extract. Bottle and keep in a cold place.

CHOCOLATE NECTAR.

Put into a tumbler two tablespoonfuls broken ice, two tablespoons of chocolate syrup, three tablespoons of whipped cream, one gill of milk and half a gill of soda water from siphon bottle, or Apollinaris water. Stir well before drinking. A tablespoon of vanilla ice cream is a desirable addition. Can omit soda, Apollinaris and ice cream and will still make delicions drink. Vanilla or cinnamon always nice with chocolate.

TOAST WATER.

An English dish, made with stale bread, thoroughly browned. Pour over it a pint or quart of boiling water, according to the amount of bread used. Set away to cool. A refreshing drink for an invalid.

MRS. J. O. HALL.

CANDY.

COCOANUT CANDY (FINE).

Two cups of granulated sugar, one-half cup milk. Boil together ten minutes. Just before taking from the stove, put in one large cup of dessicated cocoanut. Stir well while boiling and beat briskly after it is taken from the stove, until it begins to harden. Pour in oiled tins and cut in squares. Never make more than one recipe at a time, and always use best olive oil to rub over the tins. MRS. VINTON L. MITCHELL.

SPANISH CANDY, OR PINOCHE.

Five cups light-brown sugar, one cup sweet milk, butter size of an egg. Boil thirty-five minutes, then try in water; if the candy separates, so that you can take it up in a solid piece (not brittle, as other candy), you then add one and one-half cups of chopped walnut meats; remove from fire and stir rapidly until it begins to get stiff, then pour on buttered dishes.

MRS. WM. PRIDHAM.

FUDGES.

Two cups sugar, one cup milk, one-half cup water, butter size of a hickory nut, one square Baker's chocolate and, when nearly done, vanilla. Boil until it forms a soft ball when tried in cold water, then remove from fire and allow to become nearly cold. Beat and put on plates and cut in squares. Use more chocolate, if desired. Chopped walnuts or dessicated cocoanut may be used.

MRS. FRANK GORDON.

FOUNDATION CREAM FOR NUT, CHOCOLATE AND DATE CREAMS.

Two cups white sugar, three-fourths of a cup of water, and any flavoring preferred. Cook and treat same as fudges, but do not turn out on plates. When too hard to stir, work with hands until soft, and make up with nuts, etc.

ROASTED ALMONDS.

Blanch one-half pound of almonds; put with them one tablespoonful of melted butter and one or two teaspoonfuls of salt; stir until well mixed. Bake fifteen minutes, or until light yellow, stirring often. MRS. E. S. MILLER.

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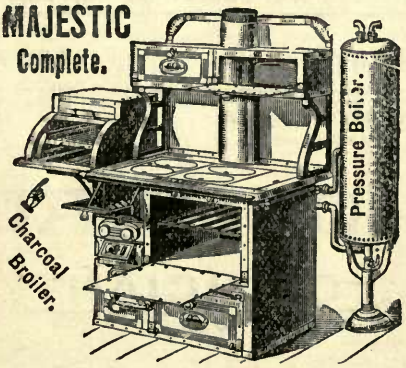

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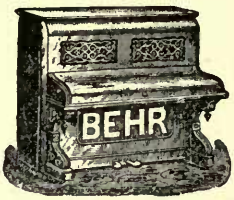

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